

OVERCOMER

LESSON 5

OVERCOMING ANXIETY WITH PEACE



List some things today that make you or others anxious.

Some Scripture About PEACE

1 Peter 5:6-7

John 14:27

John 16:33

Rom 5:1

Is the Lord's peace in our lives a promise to remove the pain and heartaches we experience in life?

IF NOT, what does the Lord's peace do?

The shoes of the preparation of the gospel of "peace" are intentionally cleated for the purpose of standing firm in battle. (Eph. 6)

Dr. Jeremiah – "Just as the Roman soldier's studded shoes anchored him firmly to the ground as he faced his opponent, peace anchors us firmly to God as we face the troubles and uncertainties that assail us in this fallen world."

Q: What are you (or others) tempted to turn to when stressed out and filled with anxiety/worry?

Let's look at the **HOW, WHAT, WHO, WHERE,** and **WHEN** of practically appropriating God's incomprehensible peace.

HOW ARE YOU PRAYING

Phil. 4:6-7 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Think of worry as a prayer alarm. Every time it goes off, you put it to prayer."
- Mark Batterson

TWO KINDS OF PRAYER

"Progressive Prayer"

- A - Adoration
- C - Confession
- T - Thanksgiving
- S - Supplication

"Proactive Prayer"

Just like learning to plan ahead (from last week) for the evil we will face, we must learn to pray proactively, in advance of hardship.

WHAT ARE YOU THINKING?

Phil. 4:8 – “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

Isaiah 26:3 is a prayer for us to echo: “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

WHO ARE YOU FOLLOWING?

Paul admonished us to imitate him!

Pick out someone to follow, to emulate, to talk to, to learn from, to “imitate.”

WHERE ARE YOU LIVING?

Are you living in the past, future, or the present?

Matt. 6:34 “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Dr. Jeremiah – “Think about it. The past exists only as mere memory, and the future exists only in the imagination. Only the present exists as true reality. So why do we ruin the only moment of existence we have by pulling trouble from nonexistent places?”

Dr. Jeremiah – “There is a reason God placed us within the moment, bracketed away from both the past and the future. They are both off-limits to us, and we need to post ‘No Trespassing’ signs. The past is closed for good, and the future is still under construction.”

Deuteronomy 33:25:

“As your days, so shall your strength be.”

WHEN WILL YOU FIND PEACE?



“The Napalm Girl”



Kim Phuc Phan Thi

When will you find the peace of God? Look at HOW you are praying, WHAT you are thinking, WHO you are following, and WHERE your thoughts are living. WHEN you embrace these steps, then let our Lord fill your Overcomer's heart with His peace.

2 Thessalonians 3:16

“Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all.”